

LOUDOUN COUNTY
DEPARTMENT OF PARKS,
RECREATION AND
COMMUNITY SERVICES

Area Agency on Aging
Director
Dr. Lynn Reid

MAIN NUMBER
703-777-0257

SENIOR SERVICES

Program Manager
Debra Williams

**SENIOR ACTIVITY
CENTERS**

Dulles South
571-258-3883

Leesburg
703-737-8039

ADULT DAY CENTERS

Manager, Cheryl Flowers
Leesburg
703-771-5334

Manager, Megan Carriere
Purcellville
571-258-3402

ELDER RESOURCES

Program Manager
Kathryn VanCuren
703-777-0257

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Area Agency on Aging 215 Depot Court, SE Leesburg, VA 20175

Silver Star

VOLUME 5, ISSUE 12

JUNE 2010



Happy New Year's Dance Party

Celebrate the new fiscal year at the 50's and
60's Doo Wop and Motown Dance Party.

Wednesday, June 30th 12:30pm

Enjoy music provided by Sky Dantine.
Refreshments served.

Bring your NEW YEAR Membership form in
for processing.

\$3.00 427690-01



New Policy Changes Beginning July 1st

Beginning July 1st, 2010 the Loudoun County Board of Supervisors have approved the following fee increases.

Members who ride our bus will be charged \$1.00 per day. Punch Cards can be purchased in advance for all bus riders.

Yearly Membership dues are \$25./ residents and \$37.50 for non-county residents.

Guest drop in fees are \$2.00/ residents and \$3.00/ non-residents.

\$1.00 administration fee will be added to the cost of certain programs/activity transactions.

MEMBERSHIP RENEWAL SOON APPROACHING

Memberships to Leesburg Senior Activity Center and Dulles South Senior Activity Center expire on Wed., June 30th, 2010. Effective July 1, 2010 membership fees will increase from \$20 to \$25 for county residents and from \$25 to \$37.50 for non-county residents. Please fill out membership form and return to 215 Depot Court SE Leesburg, VA 20175 with payment.

Adult Day Centers - Leesburg & Purcellville



ADULT DAY CENTER AT LEESBURG
Manager, Cheryl Flowers 703-771-5334

Adult Day Centers provide activities and services for seniors with memory problems or various physical needs. These services provide a safe, social environment, therapeutic activities, individualized personal care; adults are assisted to maintain and enjoy their independence and abilities.

Assisting these sen-

iors throughout the day provides caregivers well deserved time for respite. Sliding-scale fees apply. Limited door to door transportation is available to and from the center in Leesburg to Leesburg, Sterling and Ashburn areas, and from the center in Purcellville to Purcellville, Round Hill, Hamilton and other surrounding areas.



ADULT DAY CENTER AT CARVER
Manager, Megan Carriere 571-258-3402

For questions about the Leesburg Adult Day Center call 703-771-5334, or Carver Adult Day Center at 571-258-3402.

View our Adult Day Center video on our AAA website; go to www.loudoun.gov/adultday

View our Adult Day Center Video at

www.loudoun.gov/adultday

Support Groups

Alzheimer's Caregiver Support Groups

Adult Day Center - Carver 200 Willie Palmer Way, Purcellville, VA 20132
 First Wednesday of each month 7:00p.m.

Galilee United Methodist Church
 45425 Winding Road, Sterling, Virginia 20165
 Second Monday of each month 7:00p.m.

Contact Dee Steubing at 703-430-9229

For information on Alzheimer's Support Groups outside Loudoun County please call the Alzheimer's Association 24/7 Helpline at 703-359-4440 or toll-free 1-800-272-3900 or on-line www.alz.nca.org

For more support groups in your area contact your local Adult Day Center or your Senior Centers.

SENIOR ACTIVITY CENTER AT LEESBURG

215 Depot Court
Leesburg, VA 20175
703-737-8039



NEWS FROM THE LEESBURG SENIOR CENTER ADVISORY BOARD

Voting on the proposed slate of officers took place at the May 6 meeting of the Board. The following will serve as officers for the 2010/2011 year:

President:	Joy Wheeler
Vice-President:	Mary Weaver
Secretary:	Pat Leetch
Treasurer:	Fran Leach

Thanks to Lovella Beel for her monetary donation to our Board. She so generously supports our Board and our Senior Center for which we are eternally grateful.

Thank you to Red Hot and Blue and Ben Franklin for their gift card donations to the Senior Expo. Their support to seniors is very much appreciated.

From July, 2009, thru April 2010, the County, thru our Center, has provided 7,746 in-Center lunch meals (the Café). Our lunch donations are our way of thanking and supporting Loudoun County for offering 5-day-a-week lunch meals as they have done for years. In these difficult times monetary donations are of great importance and help to them. We should all donate an affordable amount in appreciation for receiving a nutritious meal that we otherwise would have to purchase at a restaurant or prepare at home.

Congratulations to Bill Keller on winning the Mother's Day Necklace raffle.

NORTH STREET UPDATE:

Interior abatement of the North Street building has been completed and now work has begun on transformation. Interior schematic drawings of our new home are on display at our Center for all to see.

June 3 at 2:00 P.M. is the date and time of our next meeting at which time the yearly election of succeeding directors for a one year term will take place.



Thank You:

To Ron Leetch for taking on the task of providing our Powerpoint Presentation that our members enjoy in the lobby of our center.

To David Down for repairing the cue sticks and replacing new tips.

To all of the Advisory Board Volunteers who helped decorate, serve and clean up at the April in Paris Party. BJ and Joe Pesi, Joy Wheeler, Evelyn Moore, Lee Warren, Bill Keller, Joyce Fields, Pat Leetch and Mary Weaver.

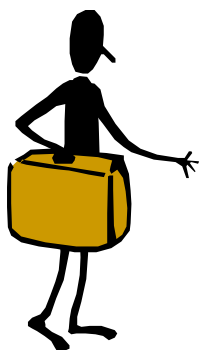
To Joy Wheeler, Helen Keafer, Fran Leach, Heather Whyte, Nargis Mirchandani for helping serve lunch on Tuesday, May 11th for the Mother's Day Luncheon.

Thank you to Chuck and Dan for providing live music for us at the Mother's Day Luncheon.

La Nuit - Dinner out with Friends O'Faolain's, Ashburn, VA



Tuesday June 1st
Social Hour: 5:00 Dinner: 6:00pm
Reservations Call 703-737-8039



Summer Trips and Activity Registration Begins

**Wednesday, June 2nd
9:00am**

Seniors may register for any trip or activity listed in the Summer Brochure by going to any community center or senior center in Loudoun County. (Most activities and day trips are available through Web-trac) No registrations take place until 9:00 AM and are entered on a first come/ first-serve basis.

Trip reservations move quickly; if you are registering in person, arrive early on June 2nd, registration will start promptly at 9:00 AM.

Message From Mark

You may have noticed there is no trip insert in this newsletter. It's not a mistake, it's because registration is not until Wednesday, June 2 (starting at 9 a.m. at all PRCS facilities with RecTrac!), and there is nothing new to include in this newsletter. Please refer to the "Trips for Seniors - Summer, 2010" handout that was included in the May newsletter or is available on line at www.loudoun.gov/seniortrips or at your local senior center.

Also, the August 20-30 Colorado Springs/ Rocky Mountains trip is a definite go. There is still room for more seniors and the minimum age has been reduced to 40. If you are interested, please register as soon as possible. First two payments are due immediately and Mark will work with you on a delayed 3rd payment (was due May 15) and final payment (due July 1) if necessary. Final deadline with full payment is July 1. This trip will not be repeated for at least another 3-4 years.

If you use email, are you on Mark's Last Minute Trips Update email list? Sign up and receive emails once or twice a week regarding last minute trips openings and updates on the Senior Trips Program. Send an email to Mark.Humphrey@loudoun.gov to be included.

If you have questions about the trips program, please call Mark Humphrey at 703-430-2397.



Antoinette Duplissey

Heritage High School

"A Night with the Stars"

**Fri., June 4th
10:00am to 11:30am**

Join us for our 3rd Annual Senior Prom provided by students from Heritage High School. The students invite you to walk down the red carpet and join them to share the latest dance music and styles as well as favorites from the forties, fifties and more.

You'll also have a chance to be selected as Prom King or Queen.

Decorations, snacks and drinks provided by the students. If you haven't done so, please bring in your high school photo to Jackie Mayne so she can add you to the "Senior Yearbook".



Joe Pesi



Janet Stickles

Book Club

"My Sister's Keeper"

Author: Jodi Picoult

Wed., June 9th 10:00 AM

Copies of the book are available at the front desk. Pick up your copy today.



**Guest Speaker
Ben Zielke Presents:
The Birds and The Bees
Part I**

Fri., June 11th 10:30am
Part 1 of 2. Ben Zielke will give a presentation on The Birds and The Bees.

Leesburg Senior Activity Center

Senior Programs

Wed., June 2nd 9am Summer Registration

Seniors may register for any trip or activity listed in the Summer Brochure or the Trip and activity listings in this Newsletter by going to any community center or senior center in Loudoun County. No registrations may take place until 9:00 AM on a first-come/first-serve basis.

Wed., June 2 10am Hearing Aid Help 1st Wednesday of each month

Joan Cassidy, representative with the Virginia Resource Center for the Deaf and Hard of Hearing, will present quarterly info on resources and devices available to assist with mild to severe hearing loss.

Thurs., June 3rd 2pm Leesburg Senior Activity Center Advisory Board Meeting

Members of the Leesburg Senior Activity Center Advisory Board meet to discuss concerns and issues about the Senior Center.

Fri., June 4th 10am Senior Prom

Heritage High School Seniors will host our senior prom for 2010. Enjoy music and dancing. If you haven't done so please bring in your high school photo to Jackie.

Wed., June 9th 10am Book Club

"My Sister's Keeper" by Jodi Picoult

Thur., June 10 11am Diabetes Support Group

Type I, Type II, or Borderline. Come share in the discussion to help you live a better, healthier & active life. Learn some new ideas & products. Leader: Doris.

Fri., June 11th 10:30am Guest Speaker

The Birds and The Bees
Ben Zielke will be our guest speaker and the topic will be All About The Birds and The Bees.

Mon., June 14 9:30am

Mon., June 28 9:30am

Investors

Discussion Group

Meeting 2nd & 4th Monday of every month.

Wed., June 16th 12:30pm

Happy Birthday

Come Celebrate your June birthday with us.

Thur., June 17 11:30am Lunch Bunch Partlow's General Store Ashburn, VA

Bus fee will be \$1 per person, lunch purchase is on your own.

Fri., June 18 9:30am Father's Day Breakfast at IHOP.

Join us as we have Father's Day Breakfast at IHOP.

Tues., June 22 12pm

Tues., June 29 12pm AARP Driver Safety Course

Call 703-737-8039 to reserve your seat in this class. Bring check made out to AARP for \$12./ members \$14/ non-members.

Wed., June 23 10:30am

Guest Speaker Holistic Treatments: Focus on Reiki

See page 9 for description.

Fri., June 25th 10:30am

Guest Speaker: Nutrition as Part of Health Aging Seminar

See page 9 for description.

Mon., May 24th 12:30pm

White Elephant Bingo

Bring a new gift in a sealed gift bag for your admission to the game.

Wed., June 30 12:30pm

Fiscal New Year's Dance Party

See page 9 for description.

One on One Support w/ Kathy Kehoe,

Elder Case Manager of the Area Agency on Aging; by appointment; 703-737-8741. Confidential supportive counseling for aging issues.

SENIOR ACTIVITY CENTER AT LEESBURG

215 Depot Court SE
Leesburg, VA 20175
703-737-8039

Tues., June 1st 5pm La Nuit - Dinner Out O'Faolain's

Enjoy Dinner and good conversation with new friends.

Wed., June 2 9:30am Inova Health Van 1st Wednesday of each month

Blood pressure checks & lab tests, some with fees.



Senior Activity Center at Leesburg

JUNE 2010

Happy Father's Day

Open Monday—Friday 8:30am—5:00pm



Monday

“La Nuit”



June 1st 5pm
Call 703-737-
8039 to reserve

Tuesday

1 Dinner Out

9:00am Coffee Chat
9:00am Beginning Bridge RR
 10:00am Texas Hold'em
 10:00am Beginners Spanish RR
 10:30am Yoga with Nargis
12 noon Lunch-RR-Donation
 12:30pm Shopping at Target
 1:00pm Party Bridge
5:00pm La Nuit-Dinner Out
RR

Wednesday

2 Inova Van

Registration Day
9:00am Inova Van
9:00am Registration Begins
 10:00am Internet Basics RR
10:00am Hearing Aid Help
 10:00am Conversational Spanish
11:00am Advanced Spanish RR
 11:00am Bible Study w/ Bill
12 noon Lunch-RR-Donation
 1:00pm Line Dancing
 2:00pm Ballet Stretches
 2:00pm Fast Bingo with Pat
 2:30pm Tap Dance

Thursday

3 Advisory Board

9:00am Coffee Chat
 9:30am Yoga and Laughter
 10:00am Texas Hold'em
 10:00am Goose Creek Bridge
 11:00am Stretch & Tone w/ Mary
12 noon Lunch-RR-Donation
 12:30pm Mahjongg
 12:45pm Pinochle
2:00pm Leesburg Senior
Activity Center
Advisory Board Meeting
 3:00pm Wii and Popcorn

Friday

4 Senior Prom

8:30am Table Tennis
 9:00am Coffee Chat
 9:00am Crochet Club
 9:00am Stitch 'n B Club
 10:00am Progressive Rummy
10:00am Senior Prom with
Heritage High School RR
 10:30am Walking Club
12 noon Lunch-RR-Donation
 12:45pm Bingo with Blanche
 12:45pm Pinochle
 1:00pm Loudoun Bridge Buffs
 3:00pm Wii and Popcorn

7

9:00am Coffee Chat
 9:00am Stitch-In & Sewing
 9:00am Computer Assistance
 10:30am Bid Whist
 10:30am Walking Club
 10:30am Giant Crossword Puzzle
 10:45am Tai-Chi with Sucha
12 noon Lunch-RR-Donation
 12:30pm Stretch & Tone
 12:45pm Pinochle
 1:00pm Mahjongg
 1:00pm Art Studio
 1:00pm Bowling
 2:00pm Rummikub

8

9:00am Coffee Chat
9:00am Beginning Bridge RR
 10:00am Texas Hold'em
 10:00am Beginners Spanish RR
 10:30am Yoga with Nargis
12 noon Lunch-RR-Donation
 12:30pm Shopping at Marshalls
 1:00pm Party Bridge

9 Book Club

9:00am Wii
 10:00am Internet Basics RR
 10:00am Conversational Spanish
10:00am Book Club
 10:30am Current Events
 10:30am Walking Club
11:00am Advanced Spanish RR
 11:00am Bible Study w/ Bill
12 noon Lunch-RR-Donation
 12:30pm Ceramics
 1:00pm Line Dancing
 2:00pm Ballet Stretches
 2:00pm Fast Bingo with Pat
 2:30pm Tap Dance

10 Diabetes Support

9:00am Coffee Chat
 9:30am Yoga and Laughter
 10:00am Texas Hold'em
 10:00am Goose Creek Bridge
 11:00am Stretch & Tone w/ Mary
11:00am Diabetes Support Group
12 noon Lunch-RR-Donation
 12:30pm Mahjongg & Pinochle

11 Guest Speaker

8:30am Table Tennis
 9:00am Coffee Chat
 9:00am Crochet Club
 9:00am Stitch 'n B Club
 10:00am Progressive Rummy
10:30am Guest Speaker -
The Birds and
The Bees Part I
12 noon Lunch-RR-Donation
 12:45pm Bingo with Blanche
 12:45pm Pinochle
 1:00pm Loudoun Bridge Buffs
 3:00pm Wii and Popcorn
8:00pm Beaux & Belles

14 9:00am Stitch-In & Sewing 9:00am Computer Assistance 9:30am Investors Discussion 10:30am Bid Whist 10:30am Giant Crossword Puzzle 10:45am Tai-Chi with Sucha 12 noon Lunch-RR-Donation 12:30pm Stretch & Tone 12:45pm Pinochle 1:00pm Mahjongg 1:00pm Art Studio 1:00pm Bowling 2:00pm Rummikub	15 9:00am Coffee Chat 9:00am Beginning Bridge RR 10:00am Texas Hold'em 10:00am Beginners Spanish RR 10:30am Yoga with Nargis 12 noon Lunch-RR-Donation 12:30pm Shopping at Bloom 12:30pm Video "Young at Heart" 1:00pm Party Bridge	16 June B-Day 9:00am Wii 10:00am Internet Basics RR 10:00am Conversational Spanish 11:00am Advanced Spanish RR 11:00am Bible Study w/ Bill 12 noon Lunch-RR-Donation 12:30pm June Birthday Party RR 1:00pm Line Dancing 2:00pm Ballet Stretches 2:00pm Fast Bingo with Pat	17 Lunch Bunch 9:30am Coffee Chat 9:30am Yoga and Laughter 10:00am Goose Creek Bridge 10:00am Texas Hold'em 11:00am Stretch & Tone w/ Mary 11:30am Lunch Bunch—RR Partlow's General Store Ashburn, VA 12 noon Lunch-RR-Donation 12:30pm Mahjongg & Pinochle 3:00pm Wii and Popcorn	18 Father's Day Breakfast 8:30am Table Tennis 9:00am Crochet Club 9:00am Stitch'n B Club 9:30am Father's Day Breakfast at IHOP RR 10:00am Progressive Rummy 10:30am Scrabble 12 noon Lunch-RR-Donation 12:45pm Bingo with Blanche 12:45pm Pinochle 1:00pm Loudoun Bridge Buffs
21 9:00am Stitch-In & Sewing 9:00am Computer Assistance 10:30am Bid Whist 10:30am Walking Club 10:30am Giant Crossword Puzzle 10:45am Tai-Chi with Sucha 12 noon Lunch-RR-Donation 12:30pm Stretch & Tone 12:45pm Pinochle 1:00pm Mahjongg 1:00pm Art Studio 1:00pm Bowling 2:00pm Rummikub	22 Driver Safety 9:00am Coffee Chat 9:00am Beginning Bridge RR 10:00am Texas Hold'em 10:00am Beginners Spanish RR 10:30am Yoga with Nargis 12 noon Lunch-RR-Donation 12:30pm Driving Safety Course RR 12:30pm Shopping at Giant 1:00pm Party Bridge	23 Guest Speaker 9:00am Wii 10:00am Internet Basics RR 10:00am Conversational Spanish 10:30am Guest Speaker: Holistic Treatments: Focus on Reiki 11:00am Advanced Spanish RR 11:00am Bible Study w/ Bill 12 noon Lunch-RR-Donation 12:30pm Ceramics 1:00pm Line Dancing 2:00pm Ballet Stretches 2:00pm Fast Bingo with Pat 2:30pm Tap Dance	24 9:00am Coffee Chat 9:30am Yoga and Laughter 10:00am Goose Creek Bridge 10:00am Texas Hold'em 11:00am Stretch & Tone w/ Mary 11:00am Learn How to Register by Computer 12 noon Lunch-RR-Donation 12:30pm Mahjongg & Pinochle 11:00am Learn How to Register by Computer	25 Guest Speaker 8:30am Table Tennis 9:00am Crochet Club 9:00am Stitch'n B Club 10:00am Progressive Rummy 10:30am Guest Speaker - Nutrition as Part of Healthy Aging Seminar 12 noon Lunch-RR-Donation 12:45pm Bingo with Blanche 12:45pm Pinochle 1:00pm Loudoun Bridge Buffs 8:00pm Beaux & Belles
28 WHITE ELEPHANT 9:00am Stitch-In & Sewing 9:00am Computer Assistance 9:30am Investors Discussion 10:30am Bid Whist 10:45am Tai-Chi with Sucha 12 noon Lunch-RR-Donation 12:30pm White Elephant Bingo 12:45pm Pinochle 1:00pm Mahjongg 1:00pm Art Studio 1:00pm Bowling 2:00pm Rummikub	29 Driver Safety 9:00am Coffee Chat 9:00am Beginning Bridge RR 10:00am Texas Hold'em 10:00am Beginners Spanish RR 10:30am Yoga with Nargis 12 noon Lunch-RR-Donation 12:30pm Driving Safety Course RR 12:30pm Shopping at Shoppers Food Warehouse 1:00pm Party Bridge	30 NEW YEAR PARTY 9:00am Wii 10:00am Internet Basics RR 10:00am Conversational Spanish 11:00am Advanced Spanish RR 11:00am Bible Study w/ Bill 12 noon Lunch-RR-Donation 12:30pm New Year Party RR 12:30pm Ceramics 1:00pm Line Dancing 2:00pm Ballet Stretches 2:00pm Fast Bingo with Pat 2:30pm Tap Dance	Father's Day Breakfast Fri., June 18, 2010 9:30am \$1.00 plus cost of meal register by June 11th 	HOPPOU NEW YEAR 2010 Celebrate the new fiscal year at the 50's and 60's Doo Wop and Motown Dance Party. Enjoy Music by Sky Dantime. Bring your new year membership for processing. \$3.00 RR

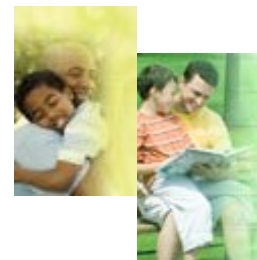
RR—Reservations Required

























Father's Day
June 20th



JUNE 2010 MENU

Senior Activity Center at Leesburg



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Reservation Required: Reserve Your Lunch at least 24 hours before the day you would like to attend. Call 703-737-8039	1. Stuffed Cabbage Whipped Potato Greens Roll Fruit Milk 	2. Ham Quiche Escalloped Apples Tossed Salad Roll Fruit Milk 	3. Sliced Turkey on bun Broccoli/Cheese Soup Chips Fruit Milk 	4. Baked Fish Baby Baked Potato Stewed Tomato Roll Fruit Milk 
7. Italian Sausage on Bun Braised Cabbage Parslied Potato Roll Fruit Milk 	8. Salisbury Steak Mashed Potato Green Beans Roll Fruit Milk 	9. Chicken Fillets Macaroni/Cheese Spinach Fruit Milk 	10. Ham & Cheese Sandwich Pasta Salad Chips Fruit Milk 	11. Eggplant Parmesan Tossed Salad Garlic Bread Fruit Roll Milk <div>NO MEAT</div>
14. Fried Chicken Drumsticks Scalloped Potato Mixed Vegetables Roll Fruit Milk 	15. Escalloped Turkey and Noodles Green Beans Biscuit Fruit Milk 	16. Baked Potato Broccoli/cheese Chili Roll Fruit Milk 	17. Roast Beef Baked Potato Green Peas Roll Cake Milk 	18. Chicken Fajita Salad 3 Bean Salad Pickled Beets Roll Fruit Milk 
21. Spaghetti/ Meat-sauce Tossed Salad Garlic Bread Fruit Milk 	22. Hot Dog on bun Baked Beans Greens Fruit Cobbler Milk 	23. Lasagna Garden Salad Garlic Bread Fruit Milk 	24. Chicken Patty Sandwich Macaroni Salad Chips Fruit Roll Milk 	25. Broccoli Cheese Casserole Sliced Carrots Fruit Cornbread Milk <div>NO MEAT</div>
28. Baked Ham Swwet Potato Green Beans Roll Fruit Milk 	29. Baked Chicken Rice Pilaf Mixed Vegetables Roll Fruit Milk 	30. Beef Stew Noodles Vegetable Blend Roll Fruit Milk 	Cost of Meal \$4.00 for Adults ages 55-59 years old. By Donation for Adults ages 60 and up.	NEW YMBOLS PORK  POULTRY  BEEF  FISH 



Celebrate your June Birthday with us!

Wednesday, June 16th

Please call ahead by noon before June 15th for lunch reservations.



APRIL BIRTHDAY PARTY!

On April 21st, 2010 the Leesburg Senior Activity Center celebrated birthdays for the following members: John Matt and Pat Harding.



MAY BIRTHDAY PARTY!

On May 19th, 2010 the Leesburg Senior Activity Center celebrated birthdays for the following members: Row 1 Kathy Ramuglia, Row 2 Defa Tian, Mary Ann Paciullo, Hunter Mallory, Helen Curcio, Carole Dwyer and Cathy Zbinden.



LUNCH BUNCH

Thur., June 17th
11:30am

**N.C. Brothers BBQ at
Partlow's General Store
in Ashburn, VA**

Bus transportation fee for this event will be \$1. per person, lunch purchase is on your own.

Father's Day Breakfast at IHOP

Fri., June 18th 9:30am



**Take advantage of a discounted
Early Bird Special.**

Take the AARP Driver Safety Course June 22nd and 29th 12:30-4:30pm You must attend both days

The nation's first and largest classroom refresher for motorists age 50 and older.

- Learn how to avoid driving hazards
- Minimal course fee
- No tests!

Call to reserve your seat at 703-737-8039

Fee: \$12/ member \$14/ non-member

Bring check to 1st class

Guest Speaker

Holistic Treatments: Focus on Reiki

Wed., June 23rd 10:30am

Reiki is a Japanese technique for stress reduction and relaxation that also promotes healing. During a Reiki session, the energy is channeled through the practitioner to the client on all levels-physical, mental, emotional, and spiritual, to provide stress reduction and relaxation which in turn, leads to wellness. Come attend this educational presentation to learn more about this holistic treatment.

Guest Speaker

Nutrition as Part of Healthy Aging Seminar

Fri., June 25th 10:30am

Come join us for this exciting and life changing seminar!!! Guest Speaker: Ruth Morgan

- Obesity in America
- Why food is so important
- Changing lifestyle habits

NEW YEAR'S DANCE PARTY

Wed., June 30th 12:30pm

Celebrate the new fiscal year at the 50's and 60's Doo Wop and Motown Dance Party.

Enjoy Music Provided by Sky Dantine.
Refreshments served.

Bring your NEW YEAR
Membership form in for processing.



\$3.00 427690-01

Dulles South Senior Activity Center

DULLES SOUTH SENIOR ACTIVITY CENTER

24950 Riding Center Dr.
South Riding, VA 20152
571-258-3883

Please contact the Dulles

SPECIAL EVENTS

Senior Activity Center for information about Special Events for seniors

"Investment Fraud and You"

Fri., June 4th 1:00pm

Ms. Amanda Blanks from the State Corporation Commission along with AAA resource person Liz Huibregtse will talk about protecting yourselves from Investment Fraud.

Senior Programs

Lunch Bunch

The British Pantry

Fri., June 18th 11:30am
Tea, sandwiches, scones and more. Trip size limited. MUST REGISTER.

Family Potluck and Bingo

Thur., June 24th
5:30-8:30pm

Cook up something special, load the family into the station wagon and come on down for a good old fashioned pot luck dinner and a few games of BINGO!

"Let's Picnic"

Wed., June 30th
10:30am-3:00pm

Join us on our annual visit to the Va. State Arboretum. Picnic with friends and enjoy the beautiful scenery. MUST REGISTER

Activities AND EXERCISE

Yoga for Seniors w/ Marilyn

Mon. Wed. & Fri., 11am

Enjoy the benefits of a life with YOGA. This class practices yoga while seated in a chair for the benefit of all seniors. Improve your strength, balance and flexibility in this class. Try Laugh Yoga, you will leave this activity with a smile on your face.

Tai-Chi 24 with Friends

Tues & Wed. 10:00am

You will enjoy this very authentic form of exercise straight from the mainland of China.

Tai-Chi with Sucha

Tues. 11:00am

Join us in this beautiful form of exercise.

Line Dance

Every Tues. 12:45pm

Learn new dances that are fun and healthy.

English Chat

Every Tues., & Wed.
1:00pm

For those of us working on improving communication skills in English.



Yoga with Marilyn

Every
Thur.,
11:00am

Every Friday 1:00pm

Traditional Yoga. Please bring your Yoga mat.

Mahjongg

Please inquire at Center

Learn the traditional or Wright Patterson way of playing this ancient Chinese tile game.



Computer w/ Alfred

Tues. 10:30am-1:00pm

Computer Help
Please schedule class.

Sewing Circle

Every Thurs. 11:00am

Bring your own supplies.

Art Forum with Clara

Every Thurs. 1:00pm

List of supplies available from instructor. Class size limited.



Shopping at Kmart
Every Monday 1:00pm



Prayer Meeting

Mon-Fri. 10:30am-11am

Group meets in conference room. All welcome.

Library Outreach Services LCPL

2nd Friday 11:00am

LCPL visits D.S.S.A.C. for a monthly book/tape/CD exchange. Participants welcome to borrow books, etc. from the center's ever-growing library.

Advisory Board Meeting

1st Tues. 1:00pm

Meetings to fulfill the mission of the senior center.

One-on-One Support with Kathy Kehoe

2nd & 4th Wed.

12:30-2:30pm

Elder Case Manager of the Agency on Aging. Confidential, supportive counseling for aging issues. A sign up sheet is available in staff office; or call Kathy for questions about your appointment. 703-737-8741.

Loudoun Mobile Health Services

3rd Tues. 11:00am

Stop by and have your blood pressure and heart rate monitored monthly.

Games Galore

1st, 2nd, 3rd. Thur.

12:30pm—2:00pm

Start your weekend out right....PLAY. Jump start vocabulary with a good game of SCRABBLE, DOMINOES (all types), RUMMIKUB, Mah Jongg, ETC.



Please stop by & check out our facility. Join us for lunch or some other activity that we offer.

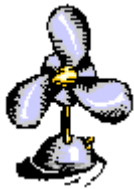
Dulles South Senior Activity Center Wonders:

"How Well Do You Know Your Friends at D.S.S.A.C?"

You will be given three (3) clues. When you think you know who your friend at the center is, write it down on a slip of paper, place in the wooden collection box at the reception desk. All correct answers will be placed in one basket and there will be a drawing held on May 28, 2010 at 12:30pm in the dining room. The winner will receive a prize and will be recognized for noticing a friend at the D.S.S.A.C.

1. This friend is a very positive person.
2. This friend teaches other friends English
3. This friend was born in Vietnam.

WHO IS IT?????



Summer 2008 FAN CARE PROGRAM

Fans and limited summer cooling assistance is available now for eligible persons aged 60 years and older. The Fan Care Program runs June 2, 2008 - September 30, 2008 and is sponsored by Dominion Virginia Power, the Virginia Department for the Aging and the Loudoun County Area Agency on Aging.

All household income is counted. Verification of income must be provided.

Please call the Area Agency on Aging for the Fan Care Program: 703-777-0257.



PRCS "State Fair"
Thurs., June 10th
6:30-3:00pm

Volunteer Picnic

For volunteers and their families at the Douglas Community Center.



Northern Virginia Senior Olympics
Registration information available at
www.nvso.us

Claude Moore Recreation Center will be hosting the Swimming competition on Friday, September 24, 2010. Start practicing now!
Questions contact: Cheryl Wheeler, Loudoun County Representative, 703-771-5156

The Northern Virginia Senior Olympics offers something for everyone, from track and field to chess. If you're 50 years of age or more and enjoy friendly competition, consider competing in the NVSO to be held Sept. 18-29. Last year more than 500 adults competed.

Registration forms are available at senior centers. Seniors can also download registration forms, rules and other details at www.nvso.us. Registration deadline is August 28th, however, early registration is appreciated. Registration fee is \$10 which included one event; additional events are \$1.

NVSO is sponsored by the cities of Alexandria, Fairfax and Falls Church and the counties of Arlington, Fairfax, Loudoun and Prince William. Additional sponsors are Goodwin House Incorporated, Greenspring Retirement Community, Sunrise Senior Living, BB&T, Verizon Wireless, Senior Advantage Program and George Washington University Hospital and Debbie Miller, McEneaney & Associates Realtors.

Players Needed



If you are interested in joining our Wii Bowling League please contact the Leesburg Senior Activity Center at 703-737-8039

*JOURNEY TO THE
BETTER HALF OF LIFE*

Label Here



*June 2010
Happy Father's Day*

Senior Activity Center at Leesburg

- June 1 - La Nuit - Dinner Out RR**
- June 2 - Inova Health Van performing blood pressure checks**
- June 2 - Registration Day begins at 9:00am**
- June 3 - Leesburg Senior Activity Center Advisory Board Meeting**
- June 4 - Senior Prom with Heritage High School**
- June 9 - Book Club**
- June 10 - Diabetes Support Group**
- June 11 - Guest Speaker - The Birds and The Bees**
- June 14 & 28 - Investors Discussion Group**
- June 16 - June Birthday Party RR**
- June 17 - Lunch Bunch RR**
- June 18 - Father's Day Breakfast**
- June 22 & 29 - AARP Driver Safety Course**
- June 23 - Guest Speaker**
- June 25 - Guest Speaker**
- June 30 - New Year Party**
- RR - Registration Required**

If you would like to be a contributor to the Silver Star and have information newsworthy to seniors, submit to Jackie Mayne @ 703-777-0358—215 Depot Court, SE, Leesburg, VA 20175 or via e-mail at jackie.mayne@loudoun.gov. Deadline for material is the 5th of the previous month. No publication guarantee. Submissions are reviewed for content suitability, and may be edited for content and space. Items submitted will not be returned.